Pharmacokinetics of Nicotine Absorption

A Primer

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“Your writing is both inspirational and motivating…”

Halima Sarki

Abuja Nigeria

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Introduction

In The Name of Allah, The Entirely Merciful The Especially Merciful

This is a book about the introduction to Pharmacokinetics of nicotine absorption- by the will of Allah

I have purposely kept it short, for brief reading.

Text(Matn)

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

Nicotine is a substance that is commonly known to be a poison. It is found in Tobacco leaves, as is well known.

Large doses can be lethal, so can be almost any substance(in high doses), including water.

Nicotine is also found in small amounts, in plant based foods including aubergine/ eggplant.

In some of the means that are used to get nicotine into the body/ blood(then into the brain), not all the nicotine the packet says it

contains is actually absorbed I,e, by the mucosa membrane or by the alveoli etc.

For example, for cigarettes, it’s been generally and specifically researched for decades its pharmacokinetics of absorption and pharmacodynamics in the body. It is well known by those in the field, that only(approximately) 1mg of nicotine is absorbed into the bodily membranes i.e. alveoli etc

FOR Nicotine Replacement Therapy(NRT):

1. 15mg inhalator cartridge: only about 1/5th i.e. 3mg is absorbed from the cartridge into the body

2. For a 10mg inhalator cartridge, only about 2mg is absorbed by the body

3. For a 2mg gum, only about 1mg is absorbed into the body.

4. For a 4mg gum, only about 2mg is absorbed by the body

5. For a 2mg nicotine lozenge, only about 1mg is absorbed by the body

6. For a 4mg lozenge, only about 2mg is absorbed by the body

7. However, generally for a patch e.g. all the amount it says on the packet is hoe much is absorbed e.g.

a 21mg gum delivers 21mg through the skin(i.e. 21mg is absorbed, over a period usually of 16 to 24 hours)

The reason that there is any success(generally) in NRT(Nicotine Replacement therapy) is largely due to the slow absorption rate into the internal bodily membranes and into the blood. Therefore the nicotine concentration in the blood doesn’t just shoot up one time then go down again rapidly, like in cigarettes.

This sudden peaking and troughing makes is what causes sometimes unbearable withdrawal symptoms for smokers for example. For these reasons, it is generally more difficult to quit using these nicotine insertion methods such as cigarettes and electronic cigarette.

Bonus Chapter

General Cycle of a Software Engineering Project

1. Requirements specification

2. Objectives of the new Project

3. Design i.e.: prototyping, wireframe diagrams, use of UML(unified modelling language) etc.

4. Software programming/ Implementation of the actual code for the Software

5. Testing the Software i.e.

a) unit testing

b) black box testing

c) White box testing etc.

6. Deployment- i.e.

Making the software live to to the end users

a. i.e. continuous Integration and Deployment(CI/ CD) as in the Agile Methodology

b. In the waterfall model, generally deployment happens only once in in the project.

7. Documentation:

This is done more in the Waterfall model for example.

8. Maintenance (of the Software System)

FINAL PRAYER

All Praises abundant and plentiful belong to Allah, and peace be upon his final Messenger Muhammad, peace and blessings be upon him, his family, his companions and all of those that follow them till the day of Judgement.

FINAL WORD

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Bonus Chapter 1

3 types of souls

1. Mutma innah- Surah Fajr Verse 27(The break of day or The Dawn)

2. Lawwaamah- Chapter 75 Surah Qiyaamah(The Resurrection) Verse 2

3.Amru bissuw-

Hisnul Muslim- Qahtani

3 types of hearts

1. Qalbun Saliim(A sound heart)

2. Qalbun Mareedh(A sick heart)

Oh Allah give us a complete cure that leaves no illness Ameen.

3. Qalbun Mayyit(A dead heart)

May Allah protect us from this Ameen

Bonus Chapter 2

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

1. If you don’t let go to worldly love, you’ll never know which relationship is meant to be permanent, and which was meant to be temporary; for the good of yourself.

Take the example of Prophet Ibrahim(upon him be peace and Salaam):

The important thing(wa Allahu A’laam/ and Allah knows best) is that Allah wanted Ibrahim(‘aleihimussalaatu wa salaam/ upon him be peace and Salaam) to sacrifice the love of his son from his own heart.

Like the story of the 2 sons of Adam; Allah wanted to see who

would part from the dunia/worldly life from their hearts(wa Allahu A’laam/ and Allah knows best), by giving their best possessions i.e. the crops

Allah is Assamad(He is in need of noone/nothing, but all are in need of him).

So the conclusion is that Allah wants us to go to Him with Qalbun Salim(a pure heart).

May Allah allow us to live and die with Qalbun saliim(a pure heart)

May Allah guide us all

Ameen

Bonus Chapter 3

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

Fronting wouldn’t be such an accurate name for ‘gra gra’, as they call it in Nigeria.

In Nigeria, the social system/ system of daily interaction/ operation is set by the people(of-

course by the permission of Allah), in their own way.

Trying to compare Nigeria with another country is like trying to compare tomatoes and potatoes, they are not the same; a vegan would definitely tell you that. Some Nigerians will go a s far as telling you that:

“There are the Blacks, the whites, and then the Nigerians “

or thereabout, which in my (almost a) years experience in Nigeria, I would definitely agree with this idiom. This is from the angle of Nigeria and its people

I can categorically say that gragra is a spiritual system that Nigerians use to carry out their day to day tactical activities and strategies.

I must admit, I've never seen any system in the world so solid.

Much of their tactics and strategies(…) with regards to the ‘gragra’ is not even written down.

Gragra is a spiritually etched system in the souls of the people living in Nigeria (both Nigerians and foreigners who have assimilated long enough in Nigeria).

As a practising Muslim(by the permission of Allah), I only wished to analyse the positive side of this so-called gragra.

In conclusion, at the end of the gragra, you get all the things you need(by the will of Allah), not necessarily what you want(especially if it is not good for you). This is from an Islamic and spiritually inclined point of view.

Just as a final warning:

Nigeria is not for the faint-hearted nor the dumb-witted. You also have to have contacts

in high places to (generally)

positively live there.

Bonus Chapter 4

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

4 Parts to the Qadar(Pre- destiny of Allah)

1. Al ‘Ilm(knowledge)

That Allah knows everything that was, everything that is(now),

everything that is going to be/ that will happen(in the future), and also things that **if they were to happen**, how they would happen.

2. Al Kitaabah(The writing)

That Allah instructed the pen to write all the things that will happen(till eternity- And Allah knows best), 50, 000 years before the creation of the Heavens and Earth.

3. Mashi a(Will)

That everything happens by the will of Allah.

That we also a will, but ultimately, it is still under the will of Allah.

‘Aml(Action/ Deeds)

That Allah created/ creates everything, including our actions.